

## **Class Title: Being Ready Before Pregnancy or Between Pregnancies**

**Class Topic:** Pre-Gestation Care

**Class Sub-Topic:** A Self Paced Reflective Lesson – Are You Ready?

### **Class counseling points/facilitated group discussion questions:**

1. Are you ready emotionally?
2. Are you ready physically?
3. Are you ready financially?

Becoming a parent will change your life. There is no right or wrong time to have a baby. It's up to you and your partner. If you're thinking about having another child (2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> etc) it is best to try to space children at least 2yrs apart. Having babies close together doesn't give your body the time it needs to recover and return to your pre-pregnancy weight. Before you get pregnant, you may want to prepare for the emotional and lifestyle changes you will face as a new mother and father.

### **BEFORE YOU'RE PREGNANT**

#### **1. Are You Ready Emotionally?**

##### **What you need to know:**

Before you get pregnant, whether with your first child or sixth, think about the emotional and lifestyle issues you will face as a parent. It's important for you and your partner to agree on most of the major issues, or begin talking about your parenting style before you become pregnant.

##### **What you can do:**

Ask yourself these ten questions:

- Why do you want to have a baby? Have you made up your own mind? Is your partner, a parent or someone else putting pressure on you?
- How will a child affect your relationship with your partner or other children? Are you both ready to become parents?
- If you don't have a partner, are you prepared to raise a child, or another child, alone? Who will help you?
- How will a baby affect your future education or career plans?
- Do you and your partner have religious or ethnic differences? Have you discussed how you will handle these issues and how they might affect your child(ren)?
- Are you prepared to parent a child who is sick or has special needs?

- Are you ready to give up sleeping in on weekend mornings? Are you ready to find child care every time you want to go out without your baby?
- Do you enjoy spending time with children? Can you see yourself as a parent?
- What did you like about your childhood? What didn't you like? What do you want for your child?

1.

## 2. Are You Ready **Physically**?

### **What you need to know:**

The physical health of mom and dad before pregnancy affects the health of their future baby. There are things you can do to help your baby even before you're pregnant. A baby's organs begin to form in the first four weeks of pregnancy, before many women even know they are pregnant.

### **What you can do:**

- Take a multivitamin with 400 micrograms (mcg) of folic acid every day before pregnancy
- Get a pre-pregnancy check up, including a dental check up. Talk to your health care provider about any on-going health problems you may have such as diabetes, high blood pressure, depression, etc.
- Eat healthy food, maintain a healthy weight and get fit
- Stop smoking and avoid secondhand smoke
- Stop drinking alcohol
- Don't use illegal drugs
- Avoid infections because some can harm an unborn baby. Be sure your shots are up to date. Lower your risk of infection by using good hygiene, such as frequent hand washing, not sharing food, eating or drinking utensils and hugging children or kissing them on top of the head instead of on the mouth
- Avoid dangerous substances and chemicals at work and at home including those you might come in contact with through hobbies
- Talk to your health care provider about your and your partner's family histories, genetics and any birth defects that might run in your families
- Limit stress or find ways to relieve stress

### **3. Are You Ready Financially?**

#### **What you need to know:**

Many new parents are surprised by the cost of raising a child. But if you plan ahead, these new costs will be easier to manage.

#### **What you can do:**

Seven things to consider:

- Take a look at your budget. How will having a baby (or another baby) affect your income and expenses? Based on a survey by the USDA one child is estimated to cost \$6500 for the 1<sup>st</sup> year (for a two parent family)(Refer to Chart).
- Check the leave policy where you work. How much maternity leave do you get?
- Check your health insurance. Does it cover medical care for you during pregnancy and for your newborn baby?
- Make saving a habit.
- Review or purchase long-term disability and life insurance coverage.
- Check out special benefits that you may qualify for such as Baby Your Baby, Medicaid and the WIC program.
- What will you do for child care?

**Source of Information – March of Dimes Web Site**

<http://www.marchofdimes.com/Utah/>

**The Cost of Raising Children**

<http://moneycentral.msn.com/articles/family/kids/tlkidscost.asp>

**Lesson Assessment**  
**Please complete and Return to the WIC Nutritionist**

1. Was this self-paced reflective lesson easy to understand?

\_\_\_Yes      \_\_\_No

2. Was this lesson helpful to you?

\_\_\_Yes      \_\_\_No

3. Would you change anything about this lesson?

\_\_\_Yes      \_\_\_No

4. Did this lesson help you decide if you are ready to have a baby?

\_\_\_Yes      \_\_\_No

5. What additional information do you need?

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## Breakdown of Cost Per Child Per Year

### Dual-Parent Family

Age of Child	Housing	Food	Transportation	Clothing	Health	Child care/ Education	Miscellaneous	Total
Before-tax income: up to \$39,100								
0 to 2	2,500	910	780	370	460	840	630	6,490
3 to 5	2,470	1,010	750	360	440	820	680	6,630
6 to 8	2,380	1,300	880	400	510	560	680	6,710
9 to 11	2,150	1,560	950	450	560	340	720	6,730
12 to 14	2,400	1,640	1,070	750	560	240	900	7,560
15 to 17	1,940	1,780	1,440	660	600	400	660	7,480
<b>Total</b>	<b>41,520</b>	<b>24,600</b>	<b>17,610</b>	<b>8,970</b>	<b>9,390</b>	<b>9,990</b>	<b>12,720</b>	<b>124,800</b>
Before-tax income: \$39,100 to \$65,800								
0 to 2	3,380	1,090	1,160	430	610	1,380	980	9,030
3 to 5	3,350	1,260	1,130	420	580	1,530	990	9,260
6 to 8	3,260	1,600	1,260	470	660	980	1,030	9,260
9 to 11	3,030	1,890	1,330	520	720	640	1,250	9,190
12 to 14	3,280	1,900	1,450	870	720	470	1,250	9,940
15 to 17	2,820	2,110	1,840	780	770	810	1,010	10,140
<b>Total</b>	<b>57,360</b>	<b>29,550</b>	<b>24,510</b>	<b>10,470</b>	<b>12,180</b>	<b>17,430</b>	<b>18,960</b>	<b>170,460</b>
Before-tax income: \$65,800 and up								
0 to 2	5,370	1,440	1,630	570	700	2,090	1,630	13,430
3 to 5	5,340	1,630	1,600	560	670	2,270	1,650	13,720
6 to 8	5,250	1,970	1,720	610	770	1,560	1,690	13,570
9 to 11	5,020	2,290	1,800	670	820	1,090	1,720	13,410
12 to 14	5,270	2,400	1,920	1,100	830	840	1,900	13,170
15 to 17	4,810	2,530	2,330	1,000	870	1,470	1,660	14,670
<b>Total</b>	<b>93,180</b>	<b>36,780</b>	<b>33,000</b>	<b>13,530</b>	<b>13,980</b>	<b>27,960</b>	<b>30,750</b>	<b>249,180</b>

## Single-Parent Family

Age of Child	Housing	Food	Transportation	Clothing	Health	Child care/ Education	Miscellaneous	Total
Before-tax income: up to \$39,100								
0 to 2	2,240	1,010	730	330	220	530	380	5,440
3 to 5	2,550	1,060	640	350	330	720	500	6,150
6 to 8	2,710	1,340	740	410	390	650	670	6,910
9 to 11	2,600	1,550	530	420	490	310	540	6,440
12 to 14	2,600	1,550	620	710	520	400	520	6,920
15 to 17	2,760	1,690	970	830	520	300	600	7,670
<b>Total</b>	<b>46,380</b>	<b>24,600</b>	<b>12,690</b>	<b>9,150</b>	<b>7,410</b>	<b>8,730</b>	<b>9,630</b>	<b>118,590</b>
Before-tax income: \$39,100 and up								
0 to 2	4,820	1,560	2,220	470	510	1,290	1,580	12,450
3 to 5	4,820	1,650	2,130	500	690	1,620	1,690	13,410
6 to 8	5,290	1,980	2,240	570	790	1,510	1,870	14,250
9 to 11	5,180	2,380	2,030	580	950	880	1,740	13,740
12 to 14	5,190	2,380	2,110	950	1,000	1,260	1,720	14,560
15 to 17	5,340	2,470	2,290	1,090	990	1,030	1,800	15,010
<b>Total</b>	<b>92,850</b>	<b>37,110</b>	<b>39,060</b>	<b>12,480</b>	<b>14,790</b>	<b>22,770</b>	<b>31,200</b>	<b>250,260</b>

Source: U.S. Department of Agriculture. Estimates are based on 1990-92 Consumer Expenditure Survey updated to 2001 dollars using the Consumer Price Index.

5/14/08 psc